# Newsletter

## Maryland Public School

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Our P & C Association meets the 3rd Tuesday of each month at 7.00pm
All parents and community members are welcome to attend
Our School Council meets the 3rd Tuesday at 6.00pm

**Skills for Life**

***Respect*** ***Responsibility*** ***Excellence*** ***Safety***

**Tuesday, 13 February 2018**

**PRINCIPAL'S REPORT**

Welcome to Week 3.

Our classes are settled and students and teachers are working hard! The staff at MPS understand that particularly during the first few weeks of the new year, there are many questions, queries and concerns you may have. Next Wednesday afternoon we are holding parent information sessions where some of these may be addressed (please see calendar for times) and I urge you to attend as this is an excellent time to gain an understanding of what the year may bring. If there are more urgent issues, please contact the office to make an appointment (in the first instance) with your child's teacher. Our teachers are happy to meet with you however, they are not always available on the spot to do this. Once teachers have taken charge of their classes in the morning, they are unable to discuss matters as their duty of care is with their students. Staff will meet with you at a mutually convenient time. I thank you for your support and understanding with this.

Tomorrow is our annual Swimming Carnival. As always, Mrs Wingrove has spent many hours organising what will be a fantastic day. THANK YOU Mrs Wingrove! Please come along to cheer and hopefully enjoy some great weather. Good luck to all participants!

Next Monday we have our school photos so full summer school uniform is to be worn. We look forward to beautiful shots of our students and staff looking fresh and shiny!

Last Wednesday afternoon, staff participated in an extended meeting to complete mandatory face to face CPR and anaphylaxis training. These courses are a requirement for employment with the Department of Education. Thank you to our dedicated staff for their time and professionalism.

Our Term (and Year) calendar is starting to fill up. Please consult it to ensure you are aware of events happening at our school. We don't want anyone to miss out.

Have a wonderful week everyone and remember –

*"Just play. Have fun. Enjoy the game."* Michael Jordan

Mrs Van Egmond ☺

**CANTEEN WILL BE CLOSED THIS WEDNESDAY, 14 FEBRUARY DUE TO THE SWIMMING CARNIVAL**

## Calendar

### Term – Week 3

| | |
|---|---|
| Wednesday, 14 February 2018 | Swimming Carnival |
| Friday, 16 February 2018 | Early Stage 1 & Stage 1 Assembly |

### Term 1 – Week 4

| | |
|---|---|
| Monday, 19 February 2018 | Individual and Class Photos |
| Wednesday, 21 February 2018 | 5.00pm – 5.45pm Parent Information Sessions |
| Thursday, 22 February 2018 | Zone Swimming Carnival |
| Friday, 23 February 2018 | Stage 2 & Stage 3 Assembly |

### Important Dates for Your Diary

| | |
|---|---|
| Friday, 2 March 2018 | Whole School Assembly |
| Friday, 9 March 2018 | Early Stage 1 & Stage 1 Assembly |
| Thursday, 15 March 2018 | 2019 Selective High School Placement Test |
| Friday, 16 March 2018 | School Cross Country |
| | Stage 2 & Stage 3 Assembly |
| Friday, 23 March 2018 | Early Stage 1 & Stage 1 Assembly |
| | **Payment due for Band Fees and Band Tuition** |
| Friday, 30 March 2018 | Good Friday |
| Monday, 2 April 2018 | Easter Monday |
| Friday, 6 April 2018 | Whole School Assembly |
| Friday, 13 April 2018 | Last day of Term 1 |

Find us on: facebook

https://www.facebook.com/MarylandPublic./

**OFFICE NEWS**

**Lost Property**

Lost property is over flowing with lunch boxes and drink bottles. If you are missing items please come and have a look. We are limited for space so will need to throw unclaimed items out. We will do this at the end of next week.

Please label all property and clothing with your child's name.

**Students Mobile Phones**
Students who bring mobile phones to school must hand them in to the office each morning. Phones need to be in a plastic zip lock bag with the child's name clearly written on the bag.

***Individual & Class Photos***
*Individual and class photos will be taken on Monday, 19 February by MSP Photography. Envelopes were given out last week.* ***Envelopes and payments should be returned to school on photo day and not prior****.*

*Below is a list of packages available for this year's school photography.*

- *Premium* *$47.00*
- *Classic* *$44.00*
- *Value* *$41.00*
- *Essential* *$39.00*
- *Basic* *$36.00*
- *Group* *$24.00*
- *Gift* *$15.00*

***Family envelopes are available at the school office upon request.***

**SMS Absences**
Thank you to the parents who have been replying to the SMS Absence Notifications. **It is imperative that if you have more than one child away that you reply to each child's** SMS Notification individually as this is an automated service. Your explanation automatically attaches to student's absence. For further information please contact the office.

**100% Attendance Awards**
100% Attendance Awards are given to students who have **NO** absences or Late Arrivals / Early Departures termly with a major award at Presentation Day.

**Reminder**
**Visitors to School Grounds**
All visitors to the school grounds between 9am and 3pm are reminded that they must sign in and out of the visitors book located in the foyer of the administration building.

**Medication**
The only medication that we can administer by staff at school is prescribed medication. All prescribed medication is to be handed in to the school by an adult and collected by an adult.

**Mozzies**
Due to the warmer weather we currently have an infestation of mozzies. Please spray your child before school with insect repellent to prevent bites while in the playground. No insect repellent should be sent to school.

**General Permission Notes**
General permission notes need to be returned to class teachers as soon as possible.

**School Voluntary Contributions**
These are now payable at the office - $20.50 per student and can be made electronically.

**Stage 3 Literacy Resource**
Students in Stage 3 have been invoiced for their Literacy Resource. Please make payment before the end of Term 1 (Friday, 13 April 2018).

**Student Emergency Contact Detail Report**
The student emergency contact detail report will be sent home this week with each child.

Please check all these details thoroughly and make any adjustments. It is imperative that all details are kept up-to-date for the safety and wellbeing of your child.

If your child is on **ANY** permanent medication that they administer at home please also add this to the sheet, stating name of medication, dosage and when this is taken.

**Please sign and date the bottom of the Lilac sheet and return to the school office even if there are NO changes.**

**Bring Your Own Device (BYOD)**
Stage 2 and Stage 3 students need to return their signed User Agreement to the school office as soon as possible.

**Scholastic Book Club**
Book club brochures were sent home today. Parents wishing to order books from the Scholastic Book Club will need to process their orders online at scholastic.com.au/LOOP

**LOOP orders for Issue 1 will be open until next Wednesday, 21 February2018.**

An instruction sheet for ordering online is attached to this newsletter.

**Orders cannot be accepted at the office.**

**Make Online Payments**
Maryland Public School is one of one hundred schools trialling online payments! Payments can be made using either a Visa or Mastercard credit or debit card. The secure payment page, hosted by Westpac, is accessed via **our website** by selecting **$ Make A Payment** tab.

You can pay for anything that you would normally pay for via the front office.

When you access the Make Online Payments you must enter:

- the student's name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. No student's details are given to Westpac. As a consequence, payments for each child need to be made separately. (There is also the option to enter the Student Registration Number and Invoice Number but these fields are not relevant to Maryland PS). You must also enter details about who is paying.

This is a secure payment system hosted by Westpac to ensure that your credit / debit card details are captured in a secure manner. These details are not passed back to the school.

Under payment options, you enter the activity or item for which you are paying. Write a title in the Payment Description that will enable the School Staff to match your payment with the school activity or item.

You have the ability to check and change any details of the payment before the payment is processed. You can print your own receipts or have the receipt emailed to your email account. This gives you immediate proof that you have paid for the item.

The next morning, details of the payments are passed to the school where they will be matched against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by us.

**Reward and Recognition**

**We recognise that some students may have qualified for their Bronze, Silver and Award for Excellence for their stage at the end of last year. In order to recognise this, students will have until Friday, 16 February 2018 to hand their 2016 and 2017 dated cards into the school office.**

**Impetigo**

There have been reported cases of Impetigo at school. Please see the flyer attached to this newsletter.

**Newsletter**

Newsletters are emailed each week to parents. It is our preferred method to email. If you do not have an email address or you would prefer a paper copy please return the slip below as soon as possible

……

**Newsletter Return Slip**

I would prefer a paper copy of the newsletter.

Name:……

Youngest Child's Name:……Class:….

## SPORT NEWS

**Swimming Carnival**

The school Swimming Carnival will be held this Wednesday, 14 February at Wallsend Swim Centre. Early swimmers for the 100m and 200m medley will meet Mrs Wingrove at 8.30am.

Students who are leaving the carnival early **must be** signed out by Mrs Dulvey who will be seated next to the recording table.

**Students who are leaving with anyone other than their parent must have a signed note from their parent stating who is taking them home.**

At the end of the carnival those students who wish to remain to swim must leave the pool and re-enter with parents, at their own cost.

Volunteers please see Mrs Wingrove on the day.

The Zone Carnival will be held at Speers Point Swim Centre on Thursday, 22 February. Those students who race in the first 3 places of the 50m freestyle automatically qualify for Zone. The stroke events are based on Zone times.

**Cross Country**

The school Cross Country will be held on Friday, 16 March (Week 7). Each stage is working on fitness skills during PE sessions

**2018 Coles Sports for Schools Vouchers**

Drop your voucher off at the school office or in the collection box at Coles Fletcher and Wallsend.

## CANTEEN NEWS

**Canteen Roster Term 1**

| Day | Date | Name |
|---|---|---|
| **Week 3** Wednesday | 14 February | **CANTEEN CLOSED** |
| Thursday | 15 February | Cath, Tanya M |
| Friday | 16 February | Amanda, Bec S, Sharna |
| **Week 4** Monday | 19 February | Carmen, Carolyn R |
| Tuesday | 20 February | Carmen |
| Wednesday | 21 February | Miyako, Lesley, Robyn |
| Thursday | 22 February | Susan B, Anita |
| Friday | 23 February | Sheree, Kassandra |
| **Week 5** Monday | 26 February | Carmen, Carolyn R |
| Tuesday | 27 February | Carmen, Sheree |
| Wednesday | 28 February | Miyako, Lesley, Robyn |
| Thursday | 1 March | Katie O, Tanya M |
| Friday | 2 March | Jamie, Sharna |

## PRELOVED UNIFORM SHOP NEWS

**Opening Hours**

- Tuesday Mornings 8.30am until 9.00am
- Thursday Afternoons 2.45pm until 3.15pm

Carmen & Alisa ☺☺

## NEW UNIFORM SHOP NEWS

Opening Hours

- Tuesday 8.30am - 9.30am
- Thursday 2.30pm - 3.30pm

Visit the website by clicking on the link below to order uniforms online.

http://www.countryfeelinguniforms.com.au/

## COMMUNITY NEWS

# Wallsend Maryland Tigers Junior Rugby League Club

WALLSEND MARYLAND JRLFC

## Registration Day
## Saturday 24th February 2018
## 9-2pm

Fun Family Environment
Ages 5 to18years
Rego includes Free Club Socks, Shorts & Polo
Buy the latest Tigers Merchandise
Sausage Sizzle

For further info Email Secretary Amy Beezley
secretary.wmjrlc@gmail.com
or call 0401 712 038

We are a Good Sports club goodSPORTS

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Cancer Council NSW

SunSmart Snippet

# The simplest way

...to be a good role model!

**Did you know?**
Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

**How you can be a role model:**

- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.

Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

**Set a positive example and your kids will follow your lead!**

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

SUNSMART

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# Good for Kids good for life

## EDIBLE GARDENS

Vegetable and herb gardens are a fantastic way to get the kids interested in vegetables. And even better, they help you to save money on the groceries. Here are some tips to get you started:

- Choose a sunny spot in your garden close to a water source
- To save time purchase a raised garden bed from your local hardware store or to save money simply build your own with treated pine.
- Do a little bit of research as to what vegetables are in season to get the best results
- To save money on fertilisers you can make your own compost from vegetable scraps in the kitchen
- Get the kids involved and have fun!

NSW Health Hunter New England Local Health District

PHONE 4924 6499

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# Good for Kids good for life

## ACTIVE TRAVEL IN EVERYDAY LIFE

Active travel to school is a great way to get extra activity in your child's day but sometimes it isn't safe to do so. Luckily active travel can be added into everyday life to get your heart working!

- Check your local area for designated bike paths and ride your bikes to the shops
- Try parking at a greater distance from your location and walking the rest of the way.
- If you use public transport, get off one station before your destination and walk.
- Even making little changes in everyday life such as taking the stairs instead of the elevator can make a big difference.

NSW Health Hunter New England Local Health District

PHONE 4924 6499

NSW GOVERNMENT | Health

*Communicable Diseases Factsheet*

# Impetigo

***Impetigo is a highly contagious bacterial infection of the skin. Good hygiene helps prevent spread of infection. If antibiotics are given it is important to finish the whole course to make sure the impetigo will not recur.***

**Last updated: May 2016**

## What is impetigo?

Impetigo is a bacterial skin infection caused by *Streptococcus* and *Staphylococcus* bacteria. It is commonly known as 'school sores' because a majority of cases are in school-aged children. However, it can also affect infants, adults and adolescents.

Uncomplicated impetigo does not cause permanent damage to the skin, but is highly contagious.

## What does it look like?

Impetigo occurs in two forms, blistering and crusted. In blistering impetigo the blisters arise on previously normal skin, and rapidly grow in size and number. The blisters quickly burst and leave slightly moist or glazed areas with a brown crust at the edge. The spots expand even after they break open and can be many centimetres wide. They sometimes clear in the centre to produce ring shaped patterns. They are not usually painful, but can be itchy.

Crusted impetigo has a thick soft yellow crust. Beneath this crust is a moist red area. Crusted impetigo spots grow slowly and are always smaller than the fully developed spots of blistering impetigo. They are not usually painful, but can be itchy.

Impetigo can occur on top of other skin conditions, particularly itchy ones. When the skin is scratched the infection can enter through the broken skin. Some of these conditions are atopic dermatitis (eczema), scabies, insect bites and head lice.

In cases where a larger area of skin is affected, patients may also have a fever, swollen lymph nodes or feel generally unwell.

## How is it diagnosed?

Your doctor may diagnose impetigo based on a visual inspection of the blisters/ sores, or by taking a swab to test for bacteria and check which antibiotic to use. The result of the swab takes several days.

## How is it treated?

Depending on how bad the infection is, your doctor may recommend the use of an antibiotic ointment or oral antibiotics in severe cases. Antibiotic ointment should be continued until the sores have completely healed. If oral antibiotics are given it is important to finish the whole course of treatment (usually 5 days) and not stop when the impetigo starts to clear.

Sores should be cleaned every 8 – 12 hours, dried thoroughly and covered with a waterproof dressing. Bathing the blisters with salty water will help to dry them out (use saline solution or dissolve about half a teaspoon of salt in a cup of water).

## How is it spread?

Impetigo is very easy to catch from other people. Impetigo is usually spread through direct contact with other infected people.

The bacteria primarily enter through damaged skin. People with conditions causing long-term damage to their skin, such as eczema or atopic dermatitis, are at greater risk of infection.

## How can you avoid spreading the infection?

While you have the infection:

- Sores should be kept clean and covered with a waterproof dressing to prevent them being touched or scratched.
- Used dressings should be placed in a sealed bag and put in the garbage bin as soon as they are removed.
- Hands should be washed with soap after sores are touched or redressed.
- Children with impetigo should be kept home from school or other group settings if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used.

To prevent impetigo children should be taught:

- To wash their hands often with soap,
- Not to scratch scabs or pick their nose,
- Not to share their clothes, towels, or toothbrushes.

Parents should be careful not to allow items such as bed linen, nail scissors, tweezers or razors used by the affected person to be used by others.

In addition to general hygiene measures, specific measures to prevent spread in schools and childcare include:

- teachers, children and families should understand the importance of hand washing, covering sores and staying home if sick
- hand washing products (soap dispensers, running water and paper towels) should be available and accessible
- activities should allow time for hand washing (before eating and after going to the toilet)
- temporary exclusion from child care or school if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used
- surfaces such as counters, desks and toys that come in contact with uncovered or poorly covered infections, should be cleaned daily with detergent, and whenever visibly contaminated.

## Impetigo is dangerous for babies

It is important for people with impetigo to keep away from newborns and young babies. Newborn babies are particularly susceptible to impetigo because their immune systems are not fully developed.

## What is the public health response?

Impetigo is not notifiable in NSW. Public health units can advise on the control of outbreaks.

In communities in Australia that have cases of rheumatic heart disease, episodes of acute rheumatic fever are thought to be triggered by impetigo as well as by throat infections with group A *Streptococcus.* In those communities prompt treatment and control of impetigo is an important part of preventing rheumatic heart disease.

Group A streptococcal infection may lead to other rare conditions such as acute post-streptococcal glomerulonephritis 3–6 weeks after the skin infection, which is associated with antibodies produced to fight streptococcal infection.

**For further information please call your local Public Health Unit on 1300 066 055**

# SCHOOL ATTENDANCE IS EVERYONE'S BUSINESS

## EVERY CHILD DESERVES AN EDUCATION

### YOUR CHILDREN NEED YOUR HELP TO DO WELL AT SCHOOL. YOU CAN HELP BY:

Ensuring children get a good night's sleep and get ready for school in the morning

Getting children to school every day

Asking questions to find what your child likes about school

Talking about going to school every day and how it helps children reach their dreams.

Talking about how school can be fun

### EVERY DAY THEY MISS ADDS UP!

| Skip | Miss |
|---|---|
| 1 day | 3 Years |
| 2 days | 5 Years |
| 3 days | 7 Years |
| 4 days | 10 Years |
| 5 days | 12 Years |

# Expression of Interest

## Parenting Programs facilitated by The Canopy

The Canopy offers many free parenting programs that we are excited to facilitate at your school.

**Click here**

to let us know which Parenting Program interests you or hand in the expression of interest at the office.

### Family KIT—Keeping it together

**Let's face it, no family lives without stress.** Family KIT (Keeping it together) Short session to help parents deal with some of the day to day stresses of family life.

**One off 1 hour session**

### Bringing up Great Kids

**Become the parent you want to be.** Using mindfulness and reflection assisting in improving communication with children so they can foster more respectful and positive interactions, supporting children's development.

**2 hour program runs weekly for 6 weeks**

### Circle of Security

**Children's needs beyond their behaviour.** Promoting secure attachment between you and your child and helps you give your child opportunities to explore the world with the security of your protection, comfort and support.

**2 hour program runs weekly for 8 weeks**

### 1-2-3 Magic & Emotional Coaching

**Parenting is a difficult job.** Look at ways to manage children's behaviour as well as building emotional resourcefulness? The program is based on brain research and has research evidence to show that it works.

**2 hour program runs weekly for 3 weeks.**

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I'm interested in the following parenting program / programs

- ☐ Family KIT Keeping it together
- ☐ Bringing Up Great Kids
- ☐ Circle of Security
- ☐ 1-2-3 Magic & Emotional Coaching

# Book Club LOOP

## LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

**Head to scholastic.com.au/LOOP**

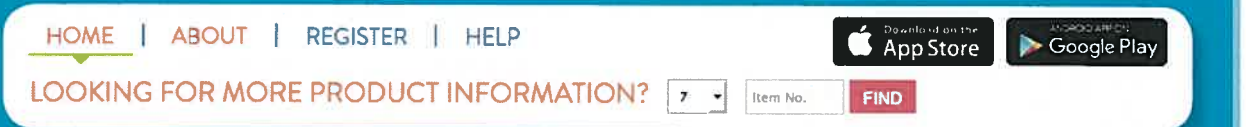
or Download on the App Store | GET IT ON Google play

## Follow these easy steps!

1. Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

2. Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.
   Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.




3. Click on **ORDER** and enter the item number from the Book Club catalogue.

4. All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

*That's it!* There's no need to return paper order forms or payment receipt details to your school.

More Kids Reading • Kids Reading More™

SCHOLASTIC